

Abstrak

HUBUNGAN TINGKAT KECUKUPAN ENERGI, PROTEIN, SENG DAN RIWAYAT PENYAKIT INFEKSI DENGAN *STUNTING* PADA BALITA DI PUSKESMAS TUMBANG SANGAI KALIMANTAN TENGAH

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Latar Belakang : *Stunting* merupakan masalah pertumbuhan dan perkembangan balita yang termasuk indikator malnutrisi kronis. Faktor langsung yang berhubungan dengan *stunting* yaitu asupan makanan dan penyakit infeksi. Penelitian ini bertujuan mengetahui hubungan tingkat kecukupan antara energi, protein, seng dan riwayat penyakit infeksi dengan *stunting* pada balita.

Metodologi : Penelitian ini merupakan penelitian observasional dengan pendekatan *cross sectional*. Sebanyak 73 sampel dipilih secara *cluster random sampling*. Pengambilan data tingkat kecukupan energi, protein dan seng menggunakan metode *SQ-FFQ* dan data riwayat penyakit infeksi menggunakan kuesioner penelitian. Hubungan antar variabel dianalisis menggunakan uji *Chi Square* ($p\text{ value} < 0,05$).

Hasil Penelitian : 43,8% balita termasuk dalam kategori *stunting*. Tingkat kecukupan energi, protein dan seng berada dalam kategori kurang, masing-masing sebesar 50,8%, 65,4%, 66,7%. Balita yang sering mengalami riwayat penyakit infeksi ISPA sebesar 15,1% dan diare sebesar 76,5%. Ada hubungan antara tingkat kecukupan energi ($p= 0,002$), protein ($p= 0,012$), seng ($p= 0,006$), riwayat penyakit diare ($p= 0,005$), dan tidak terdapat hubungan riwayat penyakit ISPA dengan kejadian *stunting* ($P= 0,194$).

Kesimpulan : Terdapat hubungan antara tingkat kecukupan energi, protein, seng dan riwayat penyakit diare dengan kejadian *stunting*, namun tidak terdapat hubungan riwayat penyakit ISPA dengan kejadian *stunting*.

Kata Kunci : Energi, protein, riwayat penyakit infeksi, seng, *stunting*

Abstract

CORRELATION ADEQUACY LEVELS OF ENERGY, PROTEIN, ZINC, AND HISTORY OF INFECTION DISEASES WITH STUNTING IN CHILDREN TUMBANG SANGAI HEALTH CENTER CENTRAL KALIMANTAN

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Background : Stunting is growth and development issue and also an indicator of chronic malnutrition. The direct factors associated with stunting are food intake and infectious diseases. This study aimed to determine the correlation between the adequacy level of energy, protein, zinc and a history of stunting infectious disease in children.

Methodology : The study used an observational study design with cross sectional approach. A total of 73 samples were selected by cluster random sampling. The energy, protein and zinc level data were collected by the *SQ-FFQ* method and infectious disease history data by questionnaire. The correlation between variables was analyzed using Chi Square test (p value <0.05).

Results : 43.8% of children under five were included in the stunting category. The adequacy level of energy, protein and zinc is in the less category, each at 50.8%, 65.4%, 66.7%. Children who often experience a history of Acute Respiratory Infection were 15.1% and diarrhea was 76.5%. There was a correlation of between the adequacy level of energy ($p= 0.002$), protein ($p= 0,012$), zinc ($p= 0,006$), history of diarrheal disease ($p= 0.005$) with the incidence of stunting and was no correlation between the history of Acute Respiratory Infection and the incidence of stunting

Conclusion : there was a correlation of between the adequacy level of energy, protein, zinc and history of diarrheal disease with the incidence of stunting, but there is no correlation between the history of Acute Respiratory Infection and the incidence of stunting.

Keywords : Energy, protein, history of infectious diseases, zinc, *stunting*